

Got Good Grades?



Do You Know ...

Teens who...

- **eat breakfast** score better on tests.
- get enough **iron** score better on tests.
- are hungry get lower test scores than their peers who are **well-nourished**.
- are **physically active** do better in school.

Breakfast is Brain Power!

Choose a breakfast that has at least 3 of the 5 food groups in it.
Check out the breakfast examples shown below.

Smart Breakfasts

On the Run? Remember ... Think 3!

Sample Breakfast

- 1) Peanut butter and jelly
- 2) Whole-wheat bread
- 3) Low-fat milk or apple juice

Quick Drive-Thru Breakfast

- Yogurt parfait
- Pancakes, syrup
- Orange juice

At Home? ... Think 3!

Sample Breakfast

- 1) Toaster waffles
- 2) Strawberries
- 3) Vanilla yogurt

Sample Breakfast

- 1) High fiber cereal
(Frosted Mini-Wheats)
- 2) Sliced banana
- 3) Low-fat milk

You try it!
Create a 3 food group breakfast.

Eat to be Fit

What Nutrients Are Important to My Brain?

Eat A Healthful Diet Overall



Good food choices will provide fuel for your working brain and body.

- Include a variety of foods at each meal.
- Avoid fad diets.
- Enjoy delicious healthy foods and physical activity each day.

**If you are hungry,
so is your brain!**

Wonderful Water...

In order to keep your brain (and the rest of your body) functioning at its best, be sure to drink enough water each day. How much is enough? That depends on how hard you are working/sweating.

At the minimum, try to drink **64 ounces** of water each day. Drink even more if you exercise hard.



Pumping Iron For Your Brain

Iron Helps Me Think!

- Teens need good food sources of iron each day (girls need more than boys).
- Iron carries oxygen throughout the body—even to your brain! No wonder you can think better when you have enough iron.

Do you have any of the signs of iron deficiency? Watch out for weakness, tiredness, apathy, headaches, paleness and increased sensitivity to cold.

Good Sources of Iron

Eat these foods frequently to boost brain power:

- Ground beef (3 oz)
 - Pork tenderloin (3 oz)
 - Tuna, light meat, canned (3 oz)
 - Chicken breast (3 oz)
 - Shrimp (3 oz)
 - Baked potato (1 medium)
 - Cold Breakfast Cereal (2 cups)
- Iron fortified cereals include:
Total, Raisin Bran (check the label ... look for 50% Daily Value or higher of iron)

Want More Info on Eating Smart?

On the Teen Scene: Good News About Good Nutrition
http://www.fds.gov/fdac/reprints/ots_nutr.html

KidsHealth: Food and Fitness Information
http://kidshealth.org/teen/food_fitness/